

# Healthy Alaskans 2020: 25 Leading Health Indicators Presentation



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# 25 Leading Health Indicators...

## Objective/Indicator Selection Criteria

1. Important and understandable to a broad audience
2. Drive actions that will work toward the achievement of proposed targets
3. Useful and reflect issues of state and community importance
4. Comprehensive and non-redundant
5. Measurable by available, valid, and reliable data
6. Address health equity
7. Address issues that are preventable or can be improved

# 25 Leading Health Indicators

## **Reduce Alaskan deaths from cancer**

- 1) Cancer mortality rate per 100,000 population

## **Increase the proportion of Alaskans who are tobacco-free**

- 2) Percentage of adolescents (high school students in grades 9-12) who have not smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days
- 3) Percentage of adults (aged 18 years and older) who currently do not smoke cigarettes

## **Reduce the proportion of Alaskans who are overweight or obese**

- 4) Percentage of adults (aged 18 years and older) who meet criteria for:
  - overweight (body mass index of  $\geq 25.0$  and  $< 30 \text{ kg/m}^2$ ); or
  - obesity (body mass index of  $\geq 30 \text{ kg/m}^2$ )
- 5) Percentage of children and adolescents who meet criteria for:
  - Adolescents (high school students in grades 9-12)
    - overweight (age- and sex-specific body mass index of  $\geq 85\text{th}$  percentile and  $< 95\text{th}$  percentile); or
    - obesity (age- and sex-specific body mass index of  $\geq 95\text{th}$  percentile)
  - Children (students in grades K-8)
    - overweight (age- and sex-specific body mass index of  $\geq 85\text{th}$  percentile and  $< 95\text{th}$  percentile); or
    - obesity (age- and sex-specific body mass index of  $\geq 95\text{th}$  percentile)

# 25 Leading Health Indicators

## **Increase the proportion of Alaskans who are physically active**

- 6) Percentage of Alaskans who meet the CDC's *Physical Activity Guidelines for Americans*:
- Adults, aged 18 years and older (2008 CDC Physical Activity Guidelines: adults who do 150 minutes or more total minutes per week of moderate exercise or vigorous exercise where each minute of vigorous exercise contributes two minutes to the total)
  - Adolescents, high school students in grades 9-12 (2008 CDC Physical Activity Guidelines: adolescents who do at least 60 minutes of physical activity a day, every day of the week)

## **Reduce Alaskan deaths from suicide**

- 7) Suicide mortality rate per 100,000 population:
- Among population aged 15 – 44 years
  - Among population aged 45 years and older

## **Reduce the number of Alaskans experiencing poor mental health**

- 8) Percentage of adolescents (high school students in grades 9-12) who felt so sad or hopeless every day for 2 weeks or more in a row that they stopped doing some usual activities during the past 12 months
- 9) Mean number of days adults aged 18 and older report being mentally unhealthy

## **Increase the proportion of Alaska youth with family and/or social support**

- 10) Percentage of adolescents (high school students in grades 9-12) with 3 or more adults (besides their parent(s)) who they feel comfortable seeking help from

# 25 Leading Health Indicators

## **Reduce the number of Alaskans experiencing domestic violence and sexual assault**

- 11) Rate of unique substantiated child maltreatment victims per 1,000 children (aged 0-17 years)
- 12) Rate of rape per 100,000 population
- 13) Percentage of adolescents (high school students in grades 9-12) who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months

## **Reduce the number of Alaskans experiencing alcohol dependence and abuse**

- 14) Alcohol related mortality rate per 100,000 population
- 15) Percentage of persons who report binge drinking in the past 30 days based on the following criteria:
  - Adults (aged 18 years and older): five or more drinks for men; 4 or more drinks for women on one occasion
  - Adolescents (high school students in grades 9-12): 5 or more alcoholic drinks in a row within a couple of hours, at least once in the past 30 days

# 25 Leading Health Indicators

<b>Reduce Alaskan deaths from unintentional injury</b>
16) Unintentional injury mortality rate per 100,000 population
<b>Increase the proportion of Alaskans who are protected from vaccine-preventable infectious diseases</b>
17) Percentage of children aged 19-35 months who do receive the ACIP (Advisory Committee on Immunization Practices) recommended vaccination series (2013 ACIP recommendation 4 DTaP, 3 Polio, 1 MMR, 3 Hib, 3 Hepatitis B, 1 Varicella, 4 PCV)
<b>Reduce the proportion of Alaskans experiencing infectious disease</b>
18) Incidence rate of Chlamydia trachomatis per 100,000 population
<b>Increase the proportion of Alaskans with access to in-home water and wastewater services</b>
19) Percentage of rural community housing units with water and sewer services
<b>Increase the proportion of Alaskans protected against dental diseases</b>
20) Percentage of the Alaskan population served by community water systems with optimally fluoridated water

# 25 Leading Health Indicators

## **Reduce the proportion of Alaskans without access to high quality and affordable healthcare**

- 21) Percentage of women delivering live births who have not received prenatal care beginning in first trimester of pregnancy
- 22) Rate of preventable hospitalizations per 1,000 adults (hospitalizations that could have been prevented with high quality primary and preventive care) based on the Agency for Healthcare Research and Quality (AHRQ)
- 23) Percentage of adults aged 18 or over reporting that they could not afford to see a doctor in the last 12 months

## **Increase the economic and educational status of Alaskans**

- 24) Percentage of residents (all ages) living above the federal poverty level (as defined for Alaska)
- 25) Percentage of 18-24 year olds with high school diploma or equivalency

# Next Steps

- Creation of targets for those 25 LHIs
- Collection of evidence-based strategies around the LHIs
- Launch updated website with indicators, targets, strategies and tools on use
- FY13 final report
- FY14 - develop a comprehensive plan to establish a coordinated effort among stakeholders statewide to reach identified Healthy Alaskans 2020 targets



# Healthy Alaskans 2020: National Spotlight

## Activities in FY12

- Presentation at American Public Health Association (focus on cross-jurisdictional collaboration) (San Francisco, October 2012)
- Poster session and round table at the National Public Health Improvement Initiative Annual meeting (Atlanta, April, 2013)
- Multiple in-state presentations

## Request for information from national sources

- ASTHO
- Harvard School of Government
- Northwest Public Health Institute